**What is a Carcinogen?**  
 A carcinogen is a substance that is capable of causingcancer in humans or animals. If a substance is known to promote or aggravate cancer, but not necessarily cause cancer, it may also be called a carcinogen. Though there are many things that are believed to cause cancer, a substance is only considered carcinogenic if there is significant evidence of its carcinogenicity.  
**source: http://www.wisegeek.com/what-is-a-carcinogen.htm**  
  
**How dangerous can the toxicity level of the food we eat get with carcinogens?**

We can tolerate a certain level of toxins in our body. For each person this tolerance level will be different depending on your exposure levels, your lifestyle, diet, drug intake, general habits, medical treatments, surrounding environment, and the strength and clear functioning of your faculties of elimination and the general strength of your immune system.

**source:  2006 Randall Fitzgerald, The Toxicity Test**

**http://www.hundredyearlie.com/toxicity.shtml**

**Dangers of Carcinogens in our Body**

Children have more risk of exposure to carcinogens in food as they consume more foods, drink more liquids, and take in more air than do adults. According to leading pediatricians, half of a lifetime's consumption of carcinogens from food is eaten by age five. This is compounded by the fact that children’s rapidly developing organ systems, especially the central nervous system and the brain, are highly susceptible to chemical interference as they are also less able to metabolize and excrete most toxic substances.

source:**Carcinogens in Food**  
 **http://www.copperwiki.org/index.php/Carcinogens\_in\_Foods**  
  
**When and where are carcinogenic substances created?**

Research has shown that cooking certain meats at high temperatures creates chemicals that are not present in uncooked meats. A few of these chemicals may increasecancer risk. For example, heterocyclic amines (HCAs) are the carcinogenic chemicals formed from the cooking of muscle meats such as beef, pork, fowl, and fish. HCAs form when amino acids (the building blocks ofproteins) andcreatine (a chemical found in muscles) react at high cooking temperatures. Researchers have identified 17 different HCAs resulting from the cooking of muscle meats that may pose human cancer risk.

source:**Heterocyclic Amines in Cooked Meats**  
 **http://www.cancer.gov/cancertopics/factsheet/Risk/heterocyclic-amines**